

What is the difference between an Advance Directive and a POLST?

Advance Directive: a legal form	POLST: a medical order
For healthy people 18 and older.	For people with a serious progressive illness or who are older and frail and may or may not want all treatment.
It is not a medical order and it cannot be followed in an emergency.	This is a medical order decided by you and signed by your doctor.*
You give basic instructions about the care you would like in the future. You choose someone to make medical decisions for you, if you are not able to speak for yourself.	You state what treatments you want and do not want. Emergency and other medical staff must follow these instructions.
You can fill it out on your own.	You fill it out with your doctor or nurse practitioner.
You can change it at any time on your own.	You and your doctor can change your POLST at any time.
It is up to you to have a copy added to your medical record.	If you choose, it may be registered with the Oregon POLST Registry. This means medical staff can quickly access your POLST order in an emergency.

*Doctor or Nurse Practitioner or Physician Assistant

Visit

<https://www.oregon.gov/oha/PH/ABOUT/Pages/ADAC-Forms.aspx>

to learn more about the Oregon Advance Directive.